Elands Public School
Main Road,
ELANDS NSW 2429
Ph: 02 6550 4557
F: 02 6550 4412
E: elands-p.school@det.nsw.edu.au

Living to Learn
Learning to Live
We are Learning on Biripi Land

«Students_Name»
«Street_Address»

Term 4, Week 5, Thursday 12th November, 2020

Dear «ParentCarer_Name»

Well the second half of the term will be a busy few weeks.

This week we commenced the annual Learn to Swim Program at Wingham Pool and we look set to have some warm weather over the next few days to warm up the pool water. Swimming is an essential life skill for all students to learn, having knowledge of water safety and learning to save yourself is vital in this country. There is no need to be proficient in all strokes taught, to be able to keep oneself from drowning. Already all students are gaining confidence and increasing their capacity to keep safe in the water.

Whole School Excursion: The whole school will travel down to Bobin School for the day, joining with Mt. George School to celebrate NAIDOC and participate in Bush Fire Awareness activities. We will also be having a BBQ lunch (including bush tucker tasting) provided. The three schools are looking forward to joining together as it seems such a long time since we've had the opportunity to do this. The excursion is on Thursday 26th November, we will travel down by bus, and there is no cost for the students.

Kinder Transition: Tuesday 24th November and 1st December are the kinder transition days. Preschool students (who will commence school next year) are asked to join us from 1.15pm (playtime) to 3.00pm. Where they will be joining the year one and two students for an afternoon of fun activities. An invitation has been sent home, however if you have any questions please do not hesitate to ring the office.

Year Six Farewell: The primary class will be travelling to Forster on Tuesday 8th December for the day. We will be going to Forster Entertainment Centre to play ten pin bowling and laser tag followed by lunch at Forster Bowling Club. The P&C have agreed to support this event, so there will be no costs to the students. I will be transporting all five children.

Special Assembly: Due to ongoing COVID restrictions and what we can can't do for end of year activities. We have decided to hold a Special Assembly on Monday 14th December at 2.00pm outside on school grounds. This will only be for parents and younger siblings of students at the school and a definitely shortened format of our usual presentation day. Unfortunately community members or extended family members will not be permitted to attend. If it is inclement weather and we are unable to precede outside we may have to cancel as we also need to adhere to the four square metre rule and do not have sufficient room inside of the buildings - here's hoping for a pleasant day.

Billabong Zoo Excursion: On Tuesday 15th December the whole school will be travelling by private vehicle (Bernie, Jo & Andrina) to have a day out at Billabong Zoo. We will be conducting a self-guided tour on the day. The school and the P&C will be covering all costs. Students will need to bring recess and lunch and money for the souvenir shop (if they want).

Kind Regards,
Jo Boland

Term 4, 2020	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	9th Swimming Jo Andrina	10th Swimming Jo Andrina	11th Swimming Jo Andrina	12th Swimming Jo Mirjam	13th Swimming Jo Mirjam
Week 6	16th Swimming Jo Andrina	17th Swimming Jo Andrina	18th Swimming Jo Andrina	19th Swimming Jo	20th Swimming Jo Mirjam
Week 7	23rd Jo Andrina	24th Kinder transition 1.15pm Jo Andrina	25th Jo Andrina	26th Elands & Mt George @ Bobin Jo Mirjam	27th Jo Mirjam
Week 8	30th Jo Andrina	1st Kinder transition 1.15pm Jo Andrina	2nd Jo Andrina	3rd Jo	4th Jo Mirjam
Week 9	7th Jo Andrina	8th Yr 6 Farewell Laser tag & Ten Pin Jo Andrina	9th Jo Andrina	10th Jo Mirjam	11th Jo Mirjam
Week 10	14th Special Assembly 2.00 – 3.00pm Jo Andrina	15th Billabong Zoo Jo Andrina	16th Students last day of Term 4 Jo Andrina	17th Jo	18th Jo Mirjam

Office

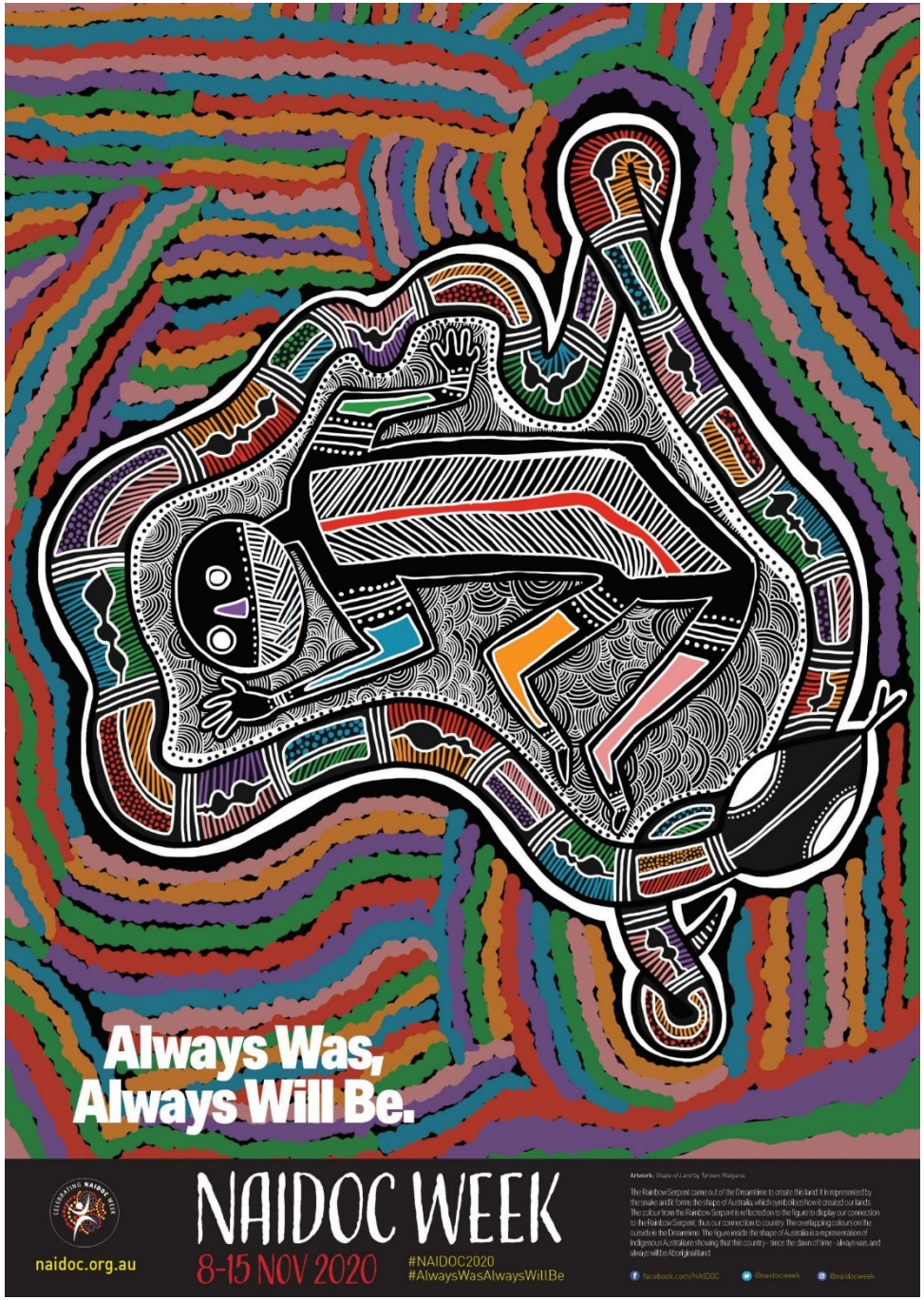
Bernie Mondays Tuesdays **Brigitte** Thursdays Fridays

Note:
There is no one in the office Wednesdays.
Panky is in Monday and Wednesday mornings.

ELANDS P&C MINUTES OF MEETING 28/10/2020

Present: Jo Boland, Nina Gardner, Venessa Franckin, Nadine Tuck

ITEM	DISCUSSION	ACTION
Meeting opened	3:30pm	
Minutes of previous meeting	Minutes from previous meeting held 2nd Sept 2020 read and accepted.	Accept: Jo Sec: Venessa
Correspondence IN	• Nil	
Correspondence OUT	$50 cheque donation sent to Stuart House	
Business arising from the minutes of previous meeting	• Nil	
Treasurer's Report	• Bank statement not received as yet. • Bank balance as of 25th July 2020 stands at $4082.75.	
Principals Report	• Elands School will be attending Bobin School on 26th Nov 2020 for Bushfire safety and Naidoc day. • Year 6 farewell excursion will be Laser skirmish and tenpin bowling at Tuncurry. Years 3 to 6 will attend. Cost is $33 per student. P&C will pay half of this cost and the School to pay the remainder. • End of year excursion for the whole school will be at Billabong Zoo. Cost is $19 per student, 1 teacher free and $28 for additional teachers. P&C will pay half of this cost and the School to pay the remainder. • Kindy orientation will be held on the 24th Nov and 1st Dec from 1.15 - 3pm.	
General Business	• P&C to organize year 6 farewell gift. • P&C will be providing dessert for canteen in week 9 of term.	
Next P&C meeting	Term 1, Week 3 2021.	
Meeting Closed	4.20pm	
Minute taker	Nadine Tuck	



Good for Kids good for life

KEEP THE LUNCHBOX COOL

As the weather warms up it is important to keep the lunchbox cool so that food stays safe to eat.

Using an insulated lunchbox with an ice brick can keep the lunchbox 12° cooler.

You could also try a frozen:

- Water bottle
- Milk popper
- Yoghurt

These double as a refreshing drink or cool snack as they defrost.

Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
http://www.goodforkids.nsw.gov.au/

Property Recovery and Resilience Action Planning

for Bushfire Impacted Communities

Mid Coast 2 Tops Landcare is thrilled to present this full day, free workshop for our most bushfire impacted communities. Throughout the day we will be hearing about what can be done both during bushfire recovery, and ongoing, in order to increase our resilience to changing extremes.

The issues we will be exploring include:
- Climate change impacts for the Mid Coast
- Water quality management
- Managed Grazing
- Soil health post-drought and bushfire
- Erosion control
- Landscape Rehydration
- Property Bushfire preparedness
- Weed management post-fire
- Value of biodiversity on property

Throughout the day, attendees will be identifying ideas for recovery of their own property, developing an action plan. Through the sharing of these with community and MC2T, we will aid in sourcing the resources, funding and support to start the process of increasing our resilience to future extremes.

Places are strictly limited due to COVID restrictions and an element of pre-work is required, so please register as soon as possible. For more information and to register your interest, please visit www.midcoast2tops.org.au

This will be a COVID safe event in accordance with NSW Health guidelines.

Mid Coast 2 Tops Landcare Connection

12th November - Hillville/Rainbow Flat

19th November - Bobin

Building Community and Land's Resilience

NSW GOVERNMENT | Planning, Industry & Environment

This event has been made possible through IRCC community grants, provided by AdaptNSW and in partnership with Hunter Local Land Services

LOVE FOOD hate waste

Are you a Food Smart family?

Sign up to the free online Food Smart program today!

Get your kids involved to create **BIG CHANGE** with **SMALL ACTIONS** in your kitchen!

- Keep up to $4000 a year in your pocket by cutting food waste
- Prevent up to 1 in 5 shopping bags worth of food ending up in the bin
- Help the environment by reducing landfill and greenhouse gases
- Learn how to shop, serve and store smarter with an easy step-by-step guide
- Download your free seasonal recipes, menu planner, shopping list and action cards

Register now:

www.midwaste.org.au/food-smart

NSW GOVERNMENT

lovefoodhatewaste.nsw.gov.au

This project is a Waste Less Recycle More initiative funded from the waste levy.

MIDWASTE Regional Waste Forum

Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

(07) 3735 3351

cadrp@griffith.edu.au

griffith.edu.au/childhood-anxiety-treatment-study

Australian Government
National Health and Medical Research Council

Griffith UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146

RECOVER/CREATE - Workshops with Kristina Chan and Jill Watkins

In 2021, dancer and choreographer Kristina Chan will lead a group of young people that have been directly affected by the 2019-20 drought and bush fires in the Mid North Coast NSW, in a series of creative practice workshops.

In this project, young people includes, but is not limited to ages between 10 - 24 years. It is open to people who have been affected by the drought and or bushfires from first-hand witnesses of the devastation, those who have had personal loss through the fires, to people who have been affected from a distance. Kristina is looking to work with a mixed range of skill levels, with no experience in dance or performance necessary.

The participants will train in movement, choreography, voice, developing skills in contemporary performance. Kristina will introduce methods and processes in creating personal story-telling performance work, addressing the themes of the devastation, recovery and solidarity. At the culmination of the workshops, Kristina and the participants will begin to construct a new devised performance work with a showing at the The Manning Entertainment Centre in Taree.

During this fellowship, Kristina will be mentored by local artist Jill Watkins, who specialises in circus and community cultural development as a vehicle to bring artistic expression opportunities to the community.

The workshops will take place at Circartus studio in Wingham between January and April 2021, and are free for the participants. More detailed dates TBC

Kristina is a recipient of the National Regional Arts Fellowship Program 2020. This project is funded by and is a result of this fellowship. https://regionalarts.com.au/programs/2020-fellowship-program

For more information please contact Kristina: chankristina79@gmail.com

https://www.kristina-chan.com/

Aurora College

The virtual selective school for rural and remote students

Aurora College is NSW's first virtual selective school, offering a mix of online and residential school classes. The school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and learn globally.

Aurora offers selective classes in English, mathematics and science to gifted and talented Year 7-10 students from rural and remote areas across NSW. Students connect with their teachers and classmates in timetabled lessons through a virtual learning environment.

The college also gives Year 11 and 12 students the opportunity to study subjects not available in their own school. For details please visit our website.

Aurora College offers students expanded career options through innovative partnerships with businesses and with scientific, cultural and tertiary education institutions.

Students in the selective stream are chosen in the same way as students in all other selective classes in NSW government schools.

AURORA COLLEGE

IGNITING NEW WAYS OF LEARNING

NSW GOVERNMENT | Education Public Schools

Applications for entry into Year 7 in 2022:
Opened 13th October 2020
Close 16th November 2020

Visit Selective High Schools website
http://bit.ly/shs2019

For further information about Aurora College, visit the our website
www.aurora.nsw.edu.au | or phone **1300 287 629**